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ABSTRACT

A champion gymnast and long-time coach shares practical suggestions for encouraging young females to begin and maintain participation in sports. Backed by current research and filled with stories from girls and women across the country, the book discusses how to give girls the edge on future success and enduring well-being by encouraging them to strive and excel in sports. The book examines the mental, emotional, social, and physical benefits of sports participation, discussing why so many girls quit sports and what parents and coaches can do to spark their interest, nurture their ability, and cement their commitment at any age, from toddler to teen. The 11 chapters are: (1) "The Bonanza of Benefits"; (2) "Starting Right out of the High Chair Makes a Lasting Difference"; (3) "Understanding Sports Readiness"; (4) "Creating a Lifetime Enthusiasm for Sports"; (5) "Shopping for Recreation and Competition Programs"; (6) "Using Player-Friendly Language"; (7) "Exercise the Mind along with the Muscles"; (8) "What It Takes To Coach Girls"; (9) "Role Models Come in All Shapes and Sizes" (10) "Protecting a Girl's Right To Play Sports Her Way"; and (11) "Helping Your Daughter Stay with Sports." (SM)

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